

**Your Journey to Wellness With Food, Fun and Fitness  
8<sup>th</sup> Annual Healthy Aging Summit  
June 16-17, 2005  
Marriott Hotel – Atlanta Airport  
Atlanta, Georgia**

**DRAFT AGENDA**

**June 16, 2005**

**7:45 – 8:45 am Continental Breakfast, Registration & Networking**

**8:45 – 9:30 am Welcome & Opening Remarks  
The Honorable Sonny Perdue, Governor of Georgia  
B. J. Walker, Commissioner  
Department of Human Resources  
Maria Greene, Director  
Division of Aging Services**

**9:30 – 10:30 am General Session  
Obesity, Chronic Diseases and Quality of Life  
Steven Katkowsky, MD  
Health Director, Fulton County Health Department  
Atlanta, Georgia**

**10:30 – 11:00 am Break**

**11:00 – 12:00 pm The Role of Nutrition and Physical Activity in  
Successful Aging  
Speaker: Nancy Wellman, PhD, RD  
Professor & Director  
The National Resource Center on Nutrition, Physical  
Activity & Aging  
Florida International University  
Miami, Florida**

- 12:15 – 1:45 pm    Lunch & Program**  
**Osteoporosis & Bone Health**  
**Speakers: Nellie Duke & Sharon Baker**  
**Members of the Georgia Osteoporosis Initiative & Georgia Commission on Women**
- 1:50 – 2:50 pm    Workshops (concurrent)**  
**Workshop #1:**  
**The Confusing World of Weight Loss...Finding a Safe Weight Loss Program That Works for You**  
**Speaker: Kathleen Zelman, MPH, RD, LD**  
**Nutrition Consultant**  
**Marietta, Georgia**
- Workshop #2:**  
**Metabolic Syndrome - The Silent Killer...**  
**Speaker: Charlotte Hayes, MMSc, RD, LD, CDE**  
**Director of Nutrition Services**  
**Project Open Hand**  
**Atlanta, Georgia**
- Workshop #3:**  
**Hype and Hope of Dietary Supplements & Health**  
**Speaker: Mary Ann Johnson, PhD**  
**Professor and Faculty of Gerontology**  
**Department of Foods & Nutrition**  
**University of Georgia**  
**Athens, Georgia**
- Workshop #4:**  
**Feeling Fit & Fabulous At Any Age**  
**Speaker: Regina Orlosky**  
**Certified Fitness Trainer**  
**Augusta, Georgia**
- 2:50 – 3:15pm    Break & Networking**  
**3:15 – 4:15pm    Workshops (repeat)**
- 4:30 – 6:00pm    Osteoporosis Screening (optional)**

**June 17, 2005**

**8:00 – 9:00 am Continental Breakfast, Registration & Networking**

**9:00 – 10:15 am General Session**  
**Life After 50: Nutrition for Optimal Health**  
**Speaker: Mary Ann Johnson, PhD**  
**Professor & Faculty of Gerontology**  
**Department of Foods & Nutrition**  
**University of Georgia**  
**Athens, Georgia**

**10:15 – 10:45 Break & Networking**

**10:45 – 12:00 pm Workshops (concurrent)**  
**Workshop #1**  
**Medications Risk Management in Older Adults**  
**Speaker: Jack E. Fincham, PhD, RPh**  
**A.W. Jowdy Professor of Pharmacy Care**  
**College of Pharmacy**  
**University of Georgia**  
**Athens, Georgia**

**Workshop #2**  
**Senior Centers As Wellness Centers... Planning**  
**Programs To Promote Healthy Aging**  
**Speakers: Ilona Preattle & Tiffany Ingram**  
**Lower Chattahoochee Area Agency on Aging**  
**Columbus, Georgia**

**Mary Byrd, RD**  
**Wellness Program Coordinator**  
**Atlanta Regional Commission, Area Agency on Aging**  
**Atlanta, Georgia**

**Pat Freeman**  
**Area Agency on Aging Director**  
**Legacy Link, Inc.**  
**Gainesville, Georgia**

**Workshop #3**

**When Falling Down Isn't Funny.... Strategies for Fall Prevention in Older Adults**

**Speakers: Lisa Dawson**

**Director**

**Division of Public Health – Injury Prevention & Control Section**

**Atlanta, Georgia**

**Tiffany Sellers**

**Graduate Assistant**

**Department of Foods and Nutrition**

**University of Georgia**

**Athens, Georgia**

**Workshop# 4**

**The Power of Nutrition in Alzheimer's Caregiving**

**Speaker: Delia Hanson Baxter, PhD, RD, LD**

**Associate Professor**

**Department of Foods and Nutrition**

**Georgia State University**

**Atlanta, Georgia**

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| <b>12:00 – 2:00 pm</b> | <b>Lunch and Program<br/>Developing a Better You!<br/>Speaker: Nancy J Lewis, MS, PHR<br/>Professional Speaker/Trainer<br/>Progressive Techniques, Inc<br/>Fayetteville, Georgia</b>          |
| <b>2:00 – 2:30 pm</b>  | <b>Closing Remarks and Program Evaluation<br/>Speaker: Sudha Reddy, MS, RD, LD<br/>Chief Nutritionist &amp; Wellness Program Director<br/>Division of Aging Services<br/>Atlanta, Georgia</b> |

